

Practice # 8 – Iain’s 150s & IM (Lanes 1 & 2)

W/U:

300m swim

200m pull

100m kick

8 x 50 (25 drill/25 swim)

Swimmers Choice:

Head Up Swim/Catch up/finger drag/arm pit touches/fist drill/
one arm x 2 / “OK Drill”/ 6 Beats + 3 strokes

6 x 50 swim golf!

1300m

MAIN SET:

8 x 150m swim on 2:45

50 HARD, 100 techniques

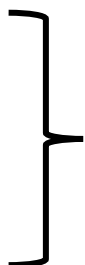
1200m

50 Fly

100 Back

150 Breast

200 Free



15 seconds rest intervals

500m

COOL DOWN:

Swim OYO

Total = 3000m plus cool down

Practice # 8 – Iain's 150s & IM (Lanes 3 & 4)

W/U:

200m swim

100m pull

100m kick

6 x 50 (25 drill/25 swim)

Swimmers Choice:

Head Up Swim/Catch up/finger drag/arm pit touches/fist drill/
one arm x 2 / "OK Drill" / 6 Beats + 3 strokes

4 x 50 swim golf!

900m

MAIN SET:

6 x 150m swim on 3:15/3:30

50 HARD, 100 techniques

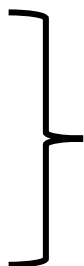
900m

50 Fly

100 Back

150 Breast

200 Free



15 seconds rest intervals

500m

COOL DOWN:

Swim OYO

Total = 2300m